

Baked Sweet Potatoes and Apples

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt 1/2 cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)	1. Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	7 lb 6 oz	1 gal (1 1/3 No. 10 cans)	
Brown sugar, packed	5 3/4 oz	3/4 cup	11 1/2 oz	1 1/2 cups	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	4. Sprinkle ¾ cup sugar mixture over apples in each pan.
Trans fat-free margarine	2 1/2 oz	1/3 cup	5 oz	2/3 cup	
					5. Dot each pan with ½ cup margarine, and sprinkle remaining sugar.

7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 140° For higher.
8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Notes

Updated July 2014. Restandarization in progress

Serving

1/4 cup (No. 16 schoop) provides 1/8 cup of red/orange vegetable and 1/8 cup fruit.

Yield

50 Servings: about 7 lb 15 oz

100 Servings: about 15 lb 14 oz

Volume

50 Servings: about 3 quarts ½ cup
1 steamtable pan

100 Servings: about 1 gallon 2 ¼
quarts 2 steamtable pans

Nutrients Per Serving					
Calories	78	Saturated Fat		Iron	
Protein	1 g	Cholesterol		Calcium	11 mg
Carbohydrate	17 g	Vitamin A	2637 IU	Sodium	29 mg
Total Fat	1 g	Vitamin C	4 mg	Dietary Fiber	2 g